

FOURTH LECTURE

Most Interesting of the Series in Subject and Detail.

THE PERIOD OF ADOLESCENCE

Particularly Favorable to Pious Awakening and for Confirmation in the Churches.

The fourth of Professor Dewey's lectures on "Child Life" was presented last evening at the High School. By far it was the most interesting of the series thus far, in subject and detail. The lecture dwelt with the impulses and emotions which come into the youth's mind during the period of adolescence, and the feeling of consciousness as given expression in his feelings toward others. The emotions bring about a moral awakening and mark a change in his intellectual attitude. Continuing generally along these subjects, the Professor said:

"This particular period is generally known as the period of adolescence, and comes at about the age of 13. Before touching upon this feature, I wish to speak of the emotions in general. Adolescence is perhaps more irregular in its manifestations, and it is not quite possible to fix upon any one phase which is the most important, but there is a large mental change connected with this period, a decided change in disposition, especially in the social feelings. The simplest statement we find of all our activities is that they are responses or adjustments to stimuli. Each one of us is a force into which is continually streaming an indefinite number of stimuli, and the conduct consists in responding to this stimuli in such a way as to successfully maintain any act of ours. My ability to stand on this floor is dependent upon the stimuli which comes from contact with the soles of my feet and other articles which come to the eye; if one of these stimuli is diseased my ability to retain my equilibrium would be affected. Take a wood-engraver, for instance; see how every motion he makes is a response to the stimuli as he works upon the wood. Our muscular system is to take hold of these stimuli in a regular way that we are perfectly adjusted. As to the bearing of that upon the emotions, Professor James of Harvard has advanced the suggestion that our emotions are accompaniments with the responses which we make to the stimuli; only in this case we have to think of the responses not only of the muscles, but also all of the internal organs, the breathing, etc.

"Some one told me today that a physician told her that if she could notice herself, for instance at a lecture, she would probably find that she was holding her breath unconsciously, and that if she only knew it, there was a great loss of energy in doing that. On the other hand, if she were to keep on breathing normally she would not find herself losing any energy. Then with the emotions there are changes in the circulation of the blood. We blush under certain circumstances; we grow white with fear, showing that the reaction extends to the circulation as well as to the muscles. Children, too, have a heavy feeling in the pit of the stomach when saddened or greatly depressed. If you take the terms for joy, or elation, most all of them show a superabundance of energy. Mr. James' theory is that our emotions are the way, really, in which we feel. He says, and violently, too, that we do not run away because we feel afraid; we feel afraid because we run away. That we do not strike because we are angry; we are angry because we strike. You can see that a person feels afraid when he doesn't run away. In this way a gross response and movement of the whole body is suppressed, but you find the movement of the muscles shows a changed breathing, a change of feeling even in the pit of the stomach. The theory seems paradoxical in the extreme, but you will see there is a good deal of truth in it. If you notice yourself walking along a dark street at night and you hear a noise suddenly that noise is a stimulus. Walking in the dark, where you cannot see, the stimulus has an effect which it would otherwise not have. Prof. James wrote an article in one of the magazines a short time ago pointing out that the nervous drain on the average American is due to the fact that he never quite relaxes himself, his nervous tension, at any time completely. When you feel worried, if you take great pains to unravel your brow, you will be surprised to find how much of the mental worry and depression goes along with the unravelling. In substance, then, emotion is due to the change in the breathing apparatus, blood activity, due to the activity which responds to the stimulus given.

"When one gets to doing something habitually and we do it without thinking, activity is automatic, but any disturbance in it, any difficulty coming in, or in other words, any break in the habit occurring, which arouses or excites us, emotion comes. Now when we have an emotional outburst accompanying adolescence great changes can be looked for in our character. At this period there are new stimuli coming into the system with great force, and there are no additional or fixed modes of response to these. The chief stimulus which comes at this time is the physical system is that accompanying sexual maturity; it means a modification of all the other forms of emotion known to the child; the whole physical growth is changed at this point; with

the coming of puberty a tremendous growth occurs; it is not only in the growth itself, but the increase in height and weight, but the structure of the system changes; the large trunk muscles begin to grow, and the youth has entered on the 'awkward age'; they seem over-grown. All this means a stirring up, then, of this means a stirring up, then, of the physical system and the reception of a new stimuli and sense of reaction. The new impulses of sex which dawn in at this period are the ones which make him become a member of the race of human-kind and announce his sex. It is not surprising, then, at this time that there is a tremendous reconstruction going on in the entire mental and moral make-up of the youth, as well as in the physical. That seems to be the explanation as far as it can be given of the change which comes at this time—the awakening of the intellectual impulses which make the individual an organic member of the human race and with the life of humanity as a whole. It is not strange that he feels different to himself and to others, and takes on new characteristics and a change of methods.

"I heard a teacher once say that when a boy or girl began to take great interest in themselves, in their clothes, as far as making an 'appearance' before others was concerned, because they were thinking what some of the other sex would think of them, it was then time for them to study technical grammar. That simple statement illustrates the character of the change which is going on, that is, the social accompaniments of this change. Vague longings come at this time; the child before this has perhaps ends and aims in the sense that he sees certain results, but the normal youth doesn't have ideas—he doesn't have aspirations at large. Now, whether every youth has these vague aspirations, I cannot say, but it is certainly characteristic of the average youth to have these longings, to have these ideas of a general nature, which would include a great variety of minor details. They partake largely of the inner nature of the youth and not of the outward; he may want to be a soldier or a lawyer, but it is only a physical thing which he has in mind. On the other hand, the other side of his nature being taken possession of by these longings, it is liable to create a romantic spirit. This is the period when the youth is continually running away from home, and the sea seems to possess the greatest attraction to him; it seems to present an unbounded expanse and is generally in greatest contrast with his life at home. The youth feels that the life at home has restrictions and restraints, which do anything but satisfy these longings which have come up in him.

"Now another side of this same experience of being filled with large ideals is seen in religious affairs. Some students in the United States have taken the pains to collect a large amount of statistics of this joining the church, and it was found that this period of adolescence is particularly favorable to religious awakening—a sense of sin; an introduction into religious life seems a realization of something large and infinite and unbounded. They also find that this is the period for confirmation in the churches.

"There is an esthetic awakening which is also characteristic of this period of the child's life. A woman told me of a walk she took with about a dozen children whose ages run from 12 to 15; first she took them through the streets purposely, and then took them along the side of a river, teeming with beauty at every point; when she came back she asked them what was the thing that had most impressed them; they were divided as to whether it was a donkey cart or a bunch of bananas hanging up in a store; there was not a single child who alluded in the most remote way to anything in the nature of natural beauty. The average boy or girl doesn't care much for beauty as a thing by itself.

"Now with the age of adolescence if there is any artistic beauty dormant in the youth, it comes out, and consequently a new form of literature is accessible to him. Most boys profess a contempt for poetry, except perhaps in the form of narrative. Of course, if it is a story by Walter Scott it appeals well to him. The average child has no interest in the generalization of principles as principles, no more than in ideas as ideas. He may be interested in rules, but that is different from a law of principle. Now, when he begins to see a larger world and he begins to see himself as a member of the larger world, then he can hardly help being interested in generalization of principles. It seems obvious to me that when a person begins to think of himself in his relations to home and society there comes a tremendous change in his life and methods of thinking.

"In three directions, then, the ethical, esthetic and intellectual, we find the awakening to larger interests and a larger meaning of things, so that the machinery of habits which has been formed may now be taken possession of, and illuminated and expanded by these larger ideal considerations which have come into view. Two things seem quite obvious to me. In the first place, the emotions are a great awakening; it is the emotion which keeps our life from becoming mechanical and routine. It is the emotion which gives us force, vivacity and the power of our ideas. We may have two ideas of true worth, but yet one remains a piece of dead information; take, for instance, the law of gravitation; we believe that it is true, and yet it is but a fact to us; it would have no great bearing in our lives. We have another idea, not a fifth part of the intellectual worth of the other one, but we have perhaps been so stirred by the emotions caused by the idea, that it becomes a controlling power in our lives. The emotions are merely the reservoirs of energy in us."

SUGAR AND MUSCULAR EXERTION

Prussian military experiments show that severe muscular exertion renders the blood very poor in sugar, and that sugar renders tired muscles capable of renewed exertion.

THE NEW HARBOR

Official Descriptions of the Boundaries.

Survey Which Has Been Submitted by the War Office for the One Reported.

(From Saturday's Daily.)

There were a number of visitors at Colonel Ruhlens' office yesterday to view the map of the water-front as approved by the War Department. The main feature of it is that the extensions which have lately been begun are to be cut off. This has occasioned much surprise as the additions were decided upon under a private tip from Major Langhitt, who was the head of the United States survey board. Following is the official description of the map:

East side harbor: Beginning at the northeast corner of the harbor, from which the intersection of Keolu and King streets is south 66° 25' east 360 feet, and from which the intersection of the south line of King street and the east line of Queen street is north 62° 25' east 355 feet, thence south 2° 14' west to the northwest corner of Sorenson's wharf, thence south 7° 15' east to the northwest corner of the Nuuanu street wharf, thence south 21° 44' east along the face of said Nuuanu street wharf, passing Brewer's wharf 15 feet west of its west face and continuing to a point where said line intersects the west line of wharf front of what is known as the Robinson property, thence south 41° 14' west along the wharf line of said Robinson property 275 feet, thence south 48° 25' west along the front of the Oceanic Steamship Company's wharf to a point 15 feet beyond the west corner of said line, thence south 11° 25' west along the front line of the Inter-Island Steam Navigation Company's wharf through the westerly corner of the Keolu wharf to a point 20 feet beyond said corner, thence south 31° 37' east to a point 225 feet south 6° 15' east of southerly corner of the Pacific Mail Steamship Company's wharf, thence south 6° 17' east 60 feet, thence south 8° 55' west, 440 feet, thence south 28° 29' west, parallel to and 210 feet distant from the sea wall, 2,310 feet to a point on the 6-foot contour, thence south 7° 06' east to deep water.

West side: Beginning at the same starting point thence south 89° 30' west, to a point 60 feet distant from easterly boundary line of the Oahu Railway & Land Company; this 60 feet measured in a direction perpendicular to the said boundary line; thence in a southerly direction on a line parallel to and 60 feet from the easterly boundary line of said company's property, to a point where this parallel line intersects the southerly boundary line prolonged to the westward; thence south 71° 35' west 560 feet and along the southern boundary of said property to its southeast corner, thence following approximately the 6-foot contour of depth as follows: South 29° 20' west 420 feet, thence south 51° 09' west 320 feet, thence south 13° 56' west 525 feet, thence south 4° 35' west 720 feet to the extreme easterly point of the Quarantine wharf, thence south 22° 22' east 350 feet, thence south 51° 30' east 620 feet, thence south 22° 10' east 270 feet to a point 40 feet east of the easterly corner of the lighthouse, thence south 25° 45' west 150 feet, thence south 41° 45' west 1,770 feet, thence south 73° 06' west to deep water.

JAPANESE IN AMERICA.

Most Numerous in Wyoming and California.

We have had on several occasions to refer to the refusal of the American authorities to allow the landing of Japanese in the United States, says the Hoch. Such measures on the part of the Americans have been taken not because they consider Japanese labor to be unnecessary, but from some other motive. The latest advice from America is to the effect that in Wyoming the number of Japanese laborers has reached some 1,000, yet a scarcity of labor is still felt. On the ranches of California there are some 1,000 Japanese, but they are a mere bagatelle considering the vast extent of land awaiting men's operations. The present population of California is in the proportion of only 32 to the square mile, and the agricultural land being in an initiatory stage it is natural that it should require a large number of laborers for its cultivation. In the face of these facts the increased clamor for the exclusion of Japanese may appear inexplicable to the uninitiated. The fact is that in view of the Presidential election next year politicians are doing their best to win for their side the sympathy of the white laborers, who are in dread of Japanese competition.

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Mr. John Mathias, a well-known stock dealer of Painesville, Ky., says: "After suffering for over a week with eye, and my physician having failed to relieve me, I was advised to try Chamberlain's Eye, Ear, Nose and Throat Remedy, and have the pleasure of stating that the best of me has been cured." For sale by H. H. Smith & Co., Wholesale Agents for D. C. and all druggists and dealers.



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